

# Wise Mind & Check the Facts

*(DBT-Informed Handout)*

## What is Wise Mind?

Wise Mind is the balance between Emotion Mind and Reasonable Mind.

- Emotion Mind: reactions are driven by feelings, urges, and assumptions.
- Reasonable Mind: decisions are made by logic, facts, and problem-solving.
- Wise Mind: integrates both — acknowledging emotional truth while staying grounded in facts and reason.

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## What is Check the Facts?

Check the Facts is a DBT emotion regulation skill that helps reduce the intensity of emotions that don't fit the situation.

Steps:

1. Notice the emotion and the intensity.
2. Ask: *What actually happened?* (separate facts from interpretations).
3. Ask: *Does my emotion fit the facts?*
4. If it fits, consider problem-solving or acceptance.
5. If it doesn't fit, use opposite action or other skills to regulate.

\*Use Check the Facts when your emotions feel strong, overwhelming, or out of proportion to the situation, to see if your feelings match what actually happened

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## How They Work Together

- Check the Facts clears the distortion of Emotion Mind.
  - Doing so helps you access Wise Mind, where both your feelings and the reality of the situation can guide your response.
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## Journaling Questions

Use these prompts to build awareness and strengthen Wise Mind:

### Exploring Emotion Mind

- When was the last time I reacted quickly from Emotion Mind? What happened?
- What thoughts or assumptions did I make in that moment?
- How did my body feel (tight chest, racing heart, numb, etc.)?

### Practicing Check the Facts

- What are the bare facts of the situation? (Only what could be seen/heard like a video recording.)
- What interpretations or stories did I add on?
- Did my emotional intensity match the facts?

### Moving into Wise Mind

- What would Wise Mind say to me about this situation?

- If I slow down, what feels both true emotionally *and* grounded in reality?
  - How might my response look different if I act from Wise Mind instead of Emotion Mind?
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## Daily Wise Mind & Check the Facts Record

Date	Situation	Emotion(s) & Intensity (0–10)	Facts vs. Interpretations	Wise Mind Response	What I Did Next
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## Remember

- You don't need to *erase* emotions — the goal is to make them work *with* you, not against you.
- Every time you pause to check the facts, you make Wise Mind more accessible.
- Over time, this practice reduces impulsive reactions and builds trust in your ability to respond effectively.